

# THE **THREE REALMS, NINE LEVELS, AND EIGHT MEDITATIVE ABSORPTIONS**

<b>The Three Realms</b>	<b>The Nine Levels</b>	<b>The Eight Meditative Absorptions Required for Taking Rebirth on that Level</b>
<b>1. The Desire Realm</b>	<b>The Desire Level/Realm</b>	-----
<b>2. The Form Realm</b>	<b>The First Concentration Level/Abode</b>	<b>First concentration</b>
	<b>The Second Concentration Level/Abode</b>	<b>Second concentration</b>
	<b>The Third Concentration Level/Abode</b>	<b>Third concentration</b>
	<b>The Fourth Concentration Level/Abode</b>	<b>Fourth concentration</b>
<b>3. The Formless Realm</b>	<b>The Limitless Consciousness Level/ Abode (or) The First Formless Level/Abode</b>	<b>Limitless consciousness</b>
	<b>The Limitless Space Level/Abode (or) The Second Formless Level/Abode</b>	<b>Limitless space</b>
	<b>The Nothingness Level/Abode (or) The Third Formless Level/Abode</b>	<b>Nothingness</b>
	<b>The Peak of Cyclic Existence Level/Abode (or) The Fourth Formless Level/Abode</b>	<b>Peak of Cyclic Existence</b>